



## Sinus Precautions After Oral Surgery

### AVOID

#### ■ blowing your nose

It is best to wipe away nasal secretions carefully. After 2 weeks, if you must blow your nose, blow gently through both sides at the same time. Do not pinch your nose; do not blow just one side at a time.

#### ■ sneezing

If you must sneeze, keep your mouth open and do not pinch your nose closed.

#### ■ sucking

Do not drink through a straw. Do not smoke.

#### ■ blowing

Do not play a wind instrument. Do not blow up balloons.

#### ■ pushing or lifting

Do not lift or push objects weighing more than 20 pounds.

#### ■ bending over

Keep your head above the level of your heart. Sleep with your head slightly raised.

### Notify your oral surgeon or nurse if you bleed from your nose.

If you see bleeding from your nose, have neck stiffness, or increased sensitivity to bright light, or severe headache, call the clinic immediately.

### Notify your oral surgeon or nurse if you are unable to take any of your medications as prescribed.

It is likely that you may be advised to take an antibiotic and decongestant as well as your regular pain medication. You must take these medications as prescribed. Do not stop taking them on your own. If you have a problem with any medication, please call us so that we can make an adjustment for you.

### Other Instructions:

**Contacts** (Reach the staff members below through the NIH page operator at **301-496-1211**.)

Your Doctor:



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? [OCCC@cc.nih.gov](mailto:OCCC@cc.nih.gov)

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